

**ABSTRACT OF THE DISCLOSURE**

The present invention provides a pre-expanded tampon plegget formed from cellulosic absorbent fibers. The fibers are  
5 not tightly compressed, thus, the plegget has a reduced fiber density. As a result, a softer, more pliable plegget is formed that not only increases user comfort during use, but also affords a user with comparable and/or increased leakage protection over conventional tampons or tampon pleggets.